



# Saratoga Springs High School

## (B) MOD9 Cross Country

### Coaches:

- Shane Zanetti

| DATE         | WEEK DAY | TYPE  | OPPONENTS  | START TIME | END TIME | LOCATION                                       | TRANSPORTATION          | LEAGUE / NON-LEAGUE |
|--------------|----------|---|--|------------|----------|--|-------------------------|---------------------|
| Aug 28, 2023 | Mon      | Practice  | N/A  | 8:30 AM    |          | Pitney Meadows Community Farm                  |                         |                     |
| Sep 13, 2023 | Wed      | Regular Season  | Bethlehem High School @ Burnt Hills-Ballston Lake HS   | 4:30 PM    | 6:10 PM  | BH- BL HS                                      |                         | L                   |
| Sep 20, 2023 | Wed      | Regular Season  | Christian Brothers Academy, Albany, Averill Park High School, Ballston Spa High School, Colonie High School @ Shenendehowa High School | 4:30 PM    | 6:10 PM  | Shen Cross Country Trail                       |                         | L                   |
| Sep 23, 2023 | Sat      | Regular Season (Queensbury Invite 9am Mod, Freshman)    | @ TBD  | 9:00 AM    |          | TBD  | Departure Time: 7:00 AM | NL                  |
| Sep 27, 2023 | Wed      | Regular Season  | Schenectady High School (Modified), Shaker High School, Christian Brothers Academy, Albany   | 4:30 PM    | 6:10 PM  | Saratoga Spa State Park                        |                         | L                   |
| Oct 3, 2023  | Tue      | Regular Season  | Niskayuna High School (Modified) @ Columbia High School  | 4:30 PM    | 6:10 PM  | Cross Country B&G - Schodack Island State Park |                         | L                   |
| Oct 7, 2023  | Sat      | Regular Season (Saratoga Springs Invite at Pitney Farm) | @ TBD  | 10:00 AM   |          | Pitney Meadows Community Farm                  |                         | NL                  |
| Oct 11, 2023 | Wed      | Regular Season  | Shenendehowa High School, Albany High School @ Guilderland High School   | 4:30 PM    | 6:10 PM  | Tawasentha Park                                |                         | L                   |
| Oct 14, 2023 | Sat      | Regular Season (Burnt Hills Invite at Saratoga Spa )    | @ TBD  | 9:15 AM    |          | Saratoga Spa State Park                        |                         | NL                  |
| Oct 28, 2023 | Sat      | Regular Season (McQuaid Invite - Genesee Valley Park)   | @ TBD  | 9:00 AM    |          | Genesee Valley Park                            | Departure Time: 7:00 AM | L                   |
| Oct 28, 2023 | Sat      | Meet (SSC Championships)                                | Vs. Multiple   | 9:00 AM    | 11:55 AM | Saratoga Spa State Park                        |                         | NL                  |

Date: 2024-05-18